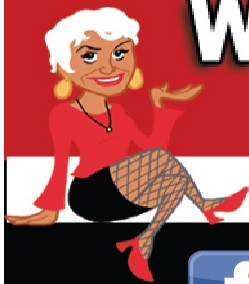


WEIGHT ★ NO ★ MORESM DIET CENTER



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TEA-CRUSTED TOFU OVER GREENS

Advanced Lifestyle

Ingredients

Vinaigrette:

½ cup boiling water
2 green tea bags or 2 TSP loose green tea
2 TBS minced green onions
2 TBS fresh lime juice
1 TBS honey
2 TSP fish sauce
2 garlic cloves, chopped

Salad:

1 package (12.3 oz.) reduced fat, extra-firm tofu, drained
1 TBS olive oil
2 TSP loose green tea or 2 green tea bags, opened
1-1/2 TSP sesame seeds
1/8 TSP Morton's Life Salt
4 cups gourmet salad greens
2 cups cubed Asian pear or ripe pear (about 2 pears)
1 cup halved cherry tomatoes (about 8 oz.)

Instructions

To prepare vinaigrette:

Pour boiling water over tea bags in a medium bowl. Steep 3 minutes. Strain tea leaves or discard tea bags. Combine the tea, onions and next 4 ingredients (onions through garlic). Set aside.

To prepare salad:

1. Cut the tofu into 8 squares.
2. Heat the olive oil in a large nonstick skillet over medium-high heat. Add 2 TSP tea leaves, sesame seeds and salt. Stir-fry 30 seconds or until fragrant.
3. Arrange tofu on tea leaves mixture. Sauté for 6 minutes or until golden brown, turning after 3 minutes. Place tofu on a paper towel.
4. Combine greens, pear, and tomatoes in a large bowl. Drizzle with vinaigrette. Toss well.
5. Arrange 1-1/4 cups salad on each of 4 plates. Top each serving with 2 tofu slices.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1-1/4 cups = 1 P, 1 V, ½ FR